

8-Day Southwest Expedition

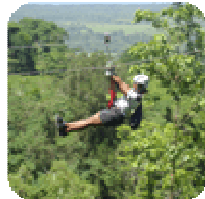


DAY 1

San José – D

- Welcome to Costa Rica
- Shuttle bus to eco-friendly hotel
- Group dinner and evening activities

Land at the Juan Santamaría International Airport and soak in the air of the Costa Rican capital city. Our shuttle bus will pick you up straight from the airport and take you to one of our eco-friendly hotels for check-in. Enjoy some city sightseeing and relaxation and make sure to join us for dinner.



DAY 2

Poás Volcano National Park - B, D

- Scenic drive
- Poás Volcano National Park tour
- Zip-lining

Enjoy the scenic drive from the populated San José into the rainforest countryside of San Pedro de Poás. The scenic bus drive will end at the Poás Volcano National Park. Our professional guide will lead you through the park with stops at the volcanic lagoon and the self-proclaimed world's largest geyser in action. After exploring the surrounding preserve, you will go zip-lining amid the Cloud Forest. Hold on to your belongings as you observe the beautiful park from above. During the night, relax and enjoy the nightlife of Costa Rica.



DAY 3 & 4

Mirador Reserves & Nicoya Peninsula, Hojancha – B, D and B, D

- Community project at Monte Alto Nature Reserve
- Hike to the Mirador
- Visit a local coffee cooperative
- Witness the traditional Guanacaste dances

The next day, a bus will take you to the Nicoya Peninsula. Learn about the community project at Monte Alto with a guided biological tour. Explore the tropical rainforest with its overflow of exotic plant and animal life that will no doubt envelop you in all its magical wonder.

On the fourth day the group will hike to the Mirador, where there is an amazing view over the Reserve and nearby coffee plantations. Listen to a multimedia speech given by the director of the Reserve. In the afternoon, visit a local coffee cooperative and their factory. Afterwards, you can see a presentation of the traditional Guanacaste dances by a group of young natives of the nearby Indian Reserve Matambú.



DAY 5 & 6

Peninsula de Nicoya - Sámará & Carillo Beaches & More! - B, D and B, L

- Beach activities
- Visit a colonial church
- Boat tour
- La Amistad Lodge women's project

Take a walk along the magnificent beaches and admire the dramatic coastal scenery. There are many activities** to choose from at the beaches. Join the boat tour to observe the dolphins. Remember to bring your cameras if you do! If you're feeling active, you can go kayaking in the ocean, snorkeling, surfing, and even paragliding. There are so many options to choose from! And if you just wish to relax, go tanning under the welcoming Costa Rica sunlight.

The town of Nicoya is the cultural center of Guanacaste. As the first colonial city, Nicoya boasts the 2nd oldest colonial church in Costa Rica. Remember to bring cameras when you visit this ancient church. After exploring this little town, take a boat tour through the Gulf of Nicoya mangroves to observe the water birds and crocodiles. Later, go hiking on the island, Chira to the La Amistad Lodge to view a women's project. In the evening, you will head back east to Arenal Volcano National Park for an exciting next day!



DAY 7

Arenal Volcano National Park & La Fortuna Waterfall - B, D

- Horseback riding
- Waterfall exploration

The next day, try horseback riding in the Arenal Volcano National Park until you reach La Fortuna Waterfall. Take a nature walk in the forest surrounding the waterfall and admire the view. In the water, take a bath or go for a refreshing swim. Even try cliff diving! Other activities** also available.



DAY 8

San José - B

- Touring San José
- Shuttle bus to the airport

Spend the last day exploring the urban secrets of this beautiful country while you reflect on all your new memories. Ask the tour guide to show you the famous landmarks of this tropical city. Enjoy a final glass of sangria at a local café, just don't get carried away in the bliss and miss your flight. You will be dropped off at Santamaría International Airport and depart Costa Rica. See you back next year!

Legend: B – Breakfast, L – Lunch, D – Dinner; type of meals specified in itinerary are subject to change

**Price does not include the following: Airfare and related charges, Costa Rican exit tax, some meals, and gratuities for bus driver and tour guide*

***Additional activities offered on Day 5 & Day 7 cost extra and are to be paid for at time activity takes place*